

The 45 MINUTE WORKOUT

Designed for Middle School Track & Field Programs

Just released as of February of 2009 is the **45 Minute Workout** designed for Middle School Track and Field programs by Coach Steve Silvey. This **NEW** 55 page "**COOKBOOK**" now makes it much easier for coaches to plan the right type of workouts during the middle school track & field season. It's another great book for the coach who wants to know how to plan workouts for the entire season for the following events: 100Meters & 200Meters/400 Meters/800 Meters/Distances/100 Meter & 110 Meter Hurdles/300 Meter Hurdles/400 Meter Relay & 1,600 Meter Relay. This easy to follow "**COOKBOOK**" now makes it much easier for coaches to plan the right type of workouts. The book starts covers the Pre-Season, Early-Season, Mid-Season, Late-Season & the critical Championship phase. In addition you will have as a reference, numerous coaching articles to expand your coaching knowledge.

Coach Steve Silvey has been part of at total **28 National Championship teams while at The University of Arkansas and Blinn College**. In 2005, Silvey was inducted into the National Junior College Hall of Fame for his accomplishments during his time as Head Coach for the national powerhouse Blinn Junior College (1987-1994). While at Blinn, Silvey's teams won **15 Men's National "Team" Championships** - *an All-Time National Record*-and produced 128 individual National Champions, 600+ All-Americans awards and 27 National Relay Championships. At the University of Arkansas (1994-2000) Silvey was part of 13 NCAA "Team Championships and 17 SEC "Team" Championships. Silvey was the also the Assistant Track and Field Coach at Texas Tech from 2004 to 2007. **Texas Tech University won its first Big 12 Conference "TEAM" Championship in 2005**. You may not be aware but that Conference win was the first time that Texas Tech had won a track and field "TEAM" Conference Championship either in the previous Southwest Conference or as part of the current Big 12 Conference. That day 149.50 points were scored by the Red Raiders to win the Big 12 Championship. Of the points scored that day, 100+ of the total points were scored by the Silvey coached sprinters, hurdlers and relay performers. The 2007 Texas Tech Men's team was also Big 12 Runner-ups. During the 2001-2003 season, Silvey served as Assistant Track and Field Coach at the prestigious University of Oregon. During those two years the ducks were Pac-10 Team Runner-up's (2002) and the **Pac-10 Team Champions in 2003**. Silvey has coached 35 Olympians (14 Medalists) and 26 athletes that have competed at the World Track Championships (17 Medalists).

___ **I would like to order the 45 Minute Workout COST \$29.95+\$4.00 S&H=\$33.95**

___ **I would like the DVD demonstrating the Warm-Up Drills \$19.95 +2.00 S&H=\$21.95**

___ **I would like both (Book & DVD) at a total cost of \$53.90 (Includes Shipping)**

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